



H-PLUS Function Exercise: EMERGENCY: INJURY

Function Command: PLUS-CONTROL, BALANCE, RESTORE

Purpose:

This is your H-PLUS Function exercise to learn to direct body healing in response to injury.

Application:

To increase healing and balancing patterns of the autonomic system when physical injury occurs.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **EMERGENCY: INJURY** is aided by the H-PLUS Functions **THINK FAST, RELAX, SHORT FIX** and **RESTORATIVE SLEEP**.

Examples – If you're trapped in a car wreck with bleeding and other injuries, use **EMERGENCY: INJURY, RELAX** and **THINK FAST**. If you suffer a cut while preparing a meal, apply first aid and do **PLUS-CONTROL, BALANCE, RESTORE**. After a fall which results in bruises and contusions, use **EMERGENCY: INJURY, SHORT FIX** and **RESTORATIVE SLEEP** at bedtime.

Please Note:

- This H-PLUS Function goes into effect without command if you are unconscious due to injury; if you are conscious, using the Function command speeds up and enhances the process.
- This Function exercise assists and potentiates your body's natural defense mechanisms and is not intended to substitute for other methods of treatment.

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